

2001 California Dietary Practices Survey

Table 7: Average Servings of Fruits and Vegetables Eaten by Adults, Trends 1989-2001

Question: Did you have any fruit, vegetables, salad, or juice yesterday?

	Mean Servings Eaten							Change in Average Number of Servings Eaten Yesterday						
	1989	1991	1993	1995	1997	1999	2001	1989-91	1991-93	1993-95	1995-97	1997-99	1999-01	
Total	3.8	3.9	3.7	4.1	3.8	3.8	3.9	0.1	-0.2*	0.4***	-0.3**	NC	0.1	
Sex														
Males	3.7	3.8	3.5 **	3.9	3.7	3.7	3.8	0.1	-0.3	0.4**	-0.2	NC	0.1	
Females	3.9	4.0	3.9	4.3	3.9	4.0	4.0	0.1	-0.1	0.4**	-0.4**	0.1	NC	
Males														
18 - 24	3.7	3.9	3.0	3.5	3.5	3.4 ^{ab} *	3.9	0.2	-0.9*	0.5	NC	-0.1	0.5	
25 - 34	3.5	3.3	3.1	3.7	3.5	3.1 ^a	3.9	-0.2	-0.2	0.6	-0.2	-0.4	0.8*	
35 - 50	3.9	3.9	3.7	4.2	3.6	4.0 ^b	3.8	NC	-0.2	0.5	-0.6	0.4	-0.2	
51 - 64	3.6	3.8	3.6	3.6	4.0	4.0 ^{ab}	3.4	0.2	-0.2	NC	0.4	NC	-0.6	
65+	3.8	3.9	3.9	4.5	4.1	4.0 ^{ab}	3.9	0.1	NC	0.6	-0.4	-0.1	-0.1	
Females														
18 - 24	3.8	3.1 ^a ***	3.0 ^a **	3.8	3.4	3.4	3.3 * [*]	-0.7	-0.1	0.8	-0.4	NC	-0.1	
25 - 34	3.7	4.0 ^{abc}	3.9 ^b	4.0	3.7	4.0	3.6	0.3	-0.1	0.1	-0.3	0.3	-0.4	
35 - 50	4.2	3.9 ^{ab}	4.0 ^b	4.5	3.9	4.1	4.2	-0.3	0.1	0.5	-0.6*	0.2	0.1	
51 - 64	4.0	4.2 ^{bc}	3.6 ^{ab}	4.2	4.2	4.2	4.1	0.2	-0.6	0.6	NC	NC	-0.1	
65+	3.9	5.0 ^c	4.3 ^b	5.0	4.2	4.3	4.4	1.1	-0.7	0.7*	-0.8*	0.1	0.1	
Ethnicity														
White	3.7	4.0 ^b ***	3.7	3.9 ^{ab} ***	3.9 **	3.9	4.0	0.3*	-0.3*	0.2	NC	NC	0.1	
Hispanic	3.9	3.2 ^a	3.5	4.7 ^b	3.9 ^a	3.7	3.9	-0.7**	0.3	1.2	-0.8**	-0.2	0.2	
Black	4.0	4.3 ^b	3.7	3.0 ^a	3.1 ^b	3.2	3.2	0.3	-0.6	-0.7	0.1	0.1	NC	
Asian/Pacific Islander														
Education														
Less than high school	3.9 ^{ab} ***	3.2 ^a ***	3.6 ^a ***	4.4 ^a *	3.4 ^a ***	3.1 ^a ***	3.4 ^a ***	-0.7*	0.4	0.8*	-1.0**	-0.3	0.3	
High school graduate	3.2 ^a	3.5 ^a	3.2 ^a	3.7 ^a	3.2 ^a	3.3 ^{ab}	3.8 ^{ab}	0.3	-0.3	0.5*	-0.5	0.1	0.5*	
Some college	4.0 ^b	4.2 ^b	3.5 ^a	4.1 ^a	3.7 ^a	3.8 ^b	3.6 ^a	0.2	-0.7***	0.6**	-0.4	0.1	-0.2	
College graduate	4.2 ^c	4.2 ^b	4.2 ^b	4.5 ^b	4.4 ^b	4.5 ^c	4.3 ^b	NC	NC	0.3	-0.1	0.1	-0.2	
Income														
Less than \$15,000	3.5	3.6	3.3 ^a ***	4.5	3.1 ^a ***	3.4 ^a ***	3.5	0.1	-0.3	1.2***	-1.4***	0.3	0.1	
\$15,000 - 24,999	4.1	3.9	3.8 ^{ab}	4.0	3.8 ^b	3.6 ^a	4.0	-0.2	-0.1	0.2	-0.2	-0.2	0.4	
\$25,000 - 34,999	4.0	3.9	3.7 ^{ab}	4.0	4.3 ^b	3.7 ^{ab}	3.9	-0.1	-0.2	0.3**	-0.6***	-0.6	0.2	
\$35,000 - 49,999	3.7	3.8	3.7 ^{ab}	4.3	3.8 ^b	3.8 ^{ab}	3.8	0.1	-0.1	0.6*	-0.5	NC	NC	
\$50,000+	3.9	4.3	3.9 ^b	4.1	3.9 ^b	4.5 ^b	4.1	0.4	-0.4	0.2	-0.2	0.6**	-0.4	
Physically Active														
Did not meet recommendations								3.5 ***						
Met recommendations								4.4						
Overweight Status														
Overweight/Obese														
Not overweight								3.7 * [*]						
								4.1						

A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA).

Categories sharing a common superscript (a, b, c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA:

* p<.05

** p<.01

*** p<.001